



Rigatoni with Zucchini and Eggplant

 Vegetarian  Vegan  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



299 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 bell pepper seeded chopped
- 2 teaspoons basil dried divided ()
- 1 tablespoon parsley dried
- 0.5 tsp rosemary dried
- 0.5 medium eggplant cubed
- 29 oz canned tomatoes diced fire roasted canned (, if available)
- 3 cloves garlic minced
- 1 tablespoon nutritional yeast

- 1 large onion chopped
- 1.5 teaspoon oregano dried divided ()
- 0.3 cup pinenuts
- 0.3 teaspoon pepper red
- 8 ounces rigatoni
- 1.5 teaspoons salt divided ()
- 12 ounces spicy tofu mashed (lowfat)
- 3 tablespoons tomato paste
- 3 tablespoons water as needed (more)

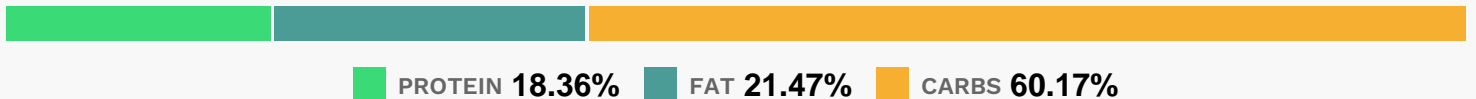
Equipment

- oven

Directions

- Combine the mashed tofu with the pine nuts, parsley, nutritional yeast, and remaining basil, oregano, salt, and red pepper flakes. Stir the cooked rigatoni into the tofu. Lightly coat a 4-quart casserole with vegetable oil spray.
- Spread a thin layer of the vegetable mixture over the bottom (you just want a little sauce there to keep the pasta from sticking).
- Place a layer of half the pasta mixture, then cover with half the sautéed vegetables; repeat layers. Cover the casserole and bake it for 30 minutes.
- Remove cover and bake another 15 minutes. Before serving, sprinkle with soy Parmesan cheese, if you want.

Nutrition Facts



Properties

Glycemic Index:49.33, Glycemic Load:13.26, Inflammation Score:-9, Nutrition Score:15.403478415116%

Flavonoids

Delphinidin: 32.71mg, Delphinidin: 32.71mg, Delphinidin: 32.71mg, Delphinidin: 32.71mg Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 2.36mg, Isorhamnetin: 2.36mg, Isorhamnetin: 2.36mg, Isorhamnetin: 2.36mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg

Nutrients (% of daily need)

Calories: 299.06kcal (14.95%), Fat: 7.24g (11.14%), Saturated Fat: 0.74g (4.61%), Carbohydrates: 45.67g (15.22%), Net Carbohydrates: 39.58g (14.39%), Sugar: 8.83g (9.81%), Cholesterol: 0mg (0%), Sodium: 866.72mg (37.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.94g (27.88%), Manganese: 1.13mg (56.45%), Vitamin C: 33.3mg (40.36%), Selenium: 24.93µg (35.61%), Vitamin A: 1347.4IU (26.95%), Fiber: 6.08g (24.33%), Vitamin K: 19.86µg (18.91%), Iron: 3.39mg (18.85%), Calcium: 158.38mg (15.84%), Copper: 0.28mg (13.85%), Phosphorus: 137.71mg (13.77%), Magnesium: 53.6mg (13.4%), Potassium: 422.47mg (12.07%), Vitamin B6: 0.23mg (11.54%), Vitamin E: 1.53mg (10.22%), Folate: 35.14µg (8.79%), Vitamin B3: 1.7mg (8.5%), Zinc: 1.18mg (7.87%), Vitamin B1: 0.1mg (6.79%), Vitamin B2: 0.1mg (6.05%), Vitamin B5: 0.41mg (4.13%)